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Welcome to Science of Spirituality (UK)



The more we perfect our meditations,
the more we come in contact with the source of love within,
and the more we love and are loved by others.

Sant Rajinder Singh Ji

Science of Spirituality is a global, non-profit organisation dedicated to human unity and achieving peace through meditation. We are hundreds of thousands of people of all nationalities, races and faiths deeply committed to a spiritual way of life based on meditation, service to others, and personal transformation.

For more details please visit www.sos.org

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Today's Quote

Spirituality is immersing ourselves into the love that is our true nature, into the love between ourselves and others, and our loving connection with all life itself - Sant Rajinder Singh Ji

